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Jassi's "Appearance anxiety: A guide to understanding body dysmorphic disorder for young people, families and professionals" (book review)

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Book Reviews



Jassi, A. (2019). *Appearance anxiety: A guide to understanding body dysmorphic disorder for young people, families and professionals*. London: Jessica Kingsley. 83pp. \$15.95. ISBN 9781785924569

Countless people around the world are suffering from anxiety and depression, along with a myriad of other mental health difficulties. While the general public is beginning to validate the experience of these more common experiences, other mental health disorders are still relatively unknown. Body Dysmorphic Disorder may be less familiar, but it affects two percent of both teens and adults (p. 15). According to the DSM-5, “individuals with body dysmorphic disorder (BDD) are preoccupied with one or more perceived defects or flaws in their physical appearance, which they believe look ugly, unattractive, abnormal or deformed” (p. 243). These preoccupations lead to individuals choosing a life of isolation instead of enjoying routine activities such as school, work, and social outings with family and friends. Some individuals seek expensive cosmetic surgery to correct these perceived faults with varying levels of satisfaction.

Amita Jassi, along with several other contributors, wrote a brief but helpful book on the topic of Body Dysmorphic Disorder. Jassi, a clinical psychologist, writes to a teen audience and helps to define the disorder, identify symptoms, outline treatment options, and give practical advice to family members who are supporting individuals diagnosed with BDD. The text is free of clinical language and footnotes and also includes excerpts and drawing from individuals suffering from BDD giving insight into their daily life. Each short chapter focuses on a specific aspect of BDD and gives age appropriate and very practical suggestions on how to manage life with BDD. Jassi clearly and succinctly explains the most effective treatment, Cognitive Behavioral Therapy, and what to expect from each therapy session. Even though this volume was written for the general public, a thorough index and a short list of resources at the end of the book make this text useful for undergraduate study. Graduate level psychology and/or counseling students will find this text helpful for client recommendation.

Reviewer

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